

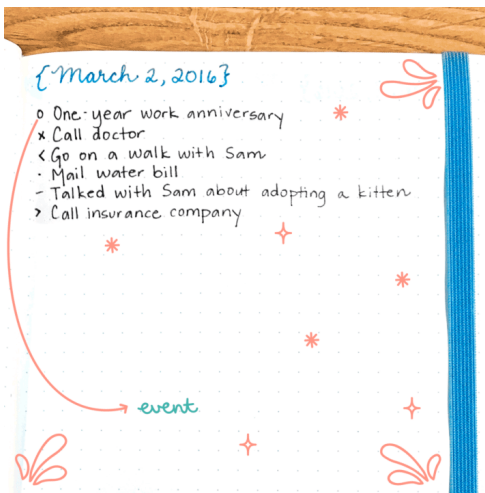
Bullet Journaling Techniques

A bullet journal is good for...

- People who have a million little to-do lists floating around
- People who like pen and paper to-do lists
- People who are into goal-setting and habit tracking
- People who like stationery, journaling, scrapbooking, beautiful pens, etc.
- People who really love planners
- People who *want* to really love planners, or who want to be more organized
- People who would really like to keep a journal/diary but are having trouble sticking with the habit

What is it? Literally anything you want it to be. It can be a combined to-do list, planner, and/or diary. That means this one journal is a great way to keep track of everything you need for success in college.

For example...



Use a series of symbols to keep track of events, things you've completed, things you've scheduled/rescheduled, to-do items, and general notes.



Start the journal with an index (i.e., a table of contents) so that you can keep track of where you wrote things down, instead of spending time flipping through pages looking for that one to-do item.



Dedicate a couple pages to looking at your year at a glance. This is where you can record birthdays, travel, goals, appointments, and more. Remember to use consistent symbols as you have thus far throughout the journal (e.g., open circles for events).



Then dedicate a couple of pages to each month and write out what your month looks like, and task you might have for the month. You will likely want to include test dates, project/paper due dates, as well as any meetings.



As well, you could keep track of goals completed each day of a month.

In general: There is no right or wrong way to “do” a bullet journal. It is designed to be an idea that best helps you to organize and keep track of various things in your life; use it how it makes sense to you!

[Find more examples and ideas on BuzzFeed, Pinterest, or Instagram.](#)